

Sunday morning
teaching plan

Date:
14th June
2026

TITLE:	Healthy Relationships
THEME:	Living Well
AIM:	To explore how healthy relationships with friends and family contribute to our well-being, and to discover what God teaches about friendship, love, and treating others with care and respect.

BACKGROUND AND CONTEXT

Relationships are a fundamental part of life and have a significant impact on our emotional, mental, social, and spiritual well-being. Positive relationships with friends, family members, and trusted adults can provide support during difficult times, increase our sense of belonging, boost confidence, and contribute to overall happiness. Healthy relationships are built on qualities such as trust, respect, honesty, kindness, communication, and mutual support.

Young people today navigate relationships in a variety of settings, including school, home, clubs, communities, and online through social media. While relationships can bring joy and encouragement, they can also present challenges such as conflict, peer pressure, misunderstandings, unrealistic expectations, and feelings of loneliness or exclusion. Learning how to recognise the characteristics of healthy and unhealthy relationships is an important life skill that can help young people make positive choices and develop resilience.

From a Christian perspective, relationships are an important part of God's design for humanity. The Bible teaches that we are created for community and encourages us to love others, support one another, and treat people as we would like to be treated ourselves.

WARM UP

Noughts and crosses race

MAIN TEACHING

Puzzle

Hand out all the shapes so everyone has a few shapes of different colours but not enough to complete a square. Tell everyone that they have one minute to form a square with the shapes they have in their hand. The challenge, however, is the square must be formed using all the shapes they have.

They will soon realise they cannot do it and they will most likely tell you before the time is up. Having tried but failed tell everyone in the group that, if they wish, they could join forces with one or two other people. Give them another minute. Remind them they have to use all the pieces.

Again they will not be able to complete a puzzle using all the pieces up. Now tell them that the challenge has changed. This time they need to make a complete square that is made up of pieces of the same colour/shade, all they need to do is find others who have the same colour as them. This time they should be able to complete the square.

Questions:

- How did you find the challenge when you were on your own?
- What changed when you were allowed to join with others so you could share what you had to solve the puzzle?
- What was it like working together to solve the puzzle?

The point: To encourage the group to think that in life, we need relationships with others to achieve some of our goals.

Building relationships

Have 2 spots titled 'healthy' and 'unhealthy'.

Ask the group to work through the cards and put them on the side of the spots relating to whether they think they are healthy or unhealthy (e.g. unrealistic or could damage the relationship).

Ask them if they have any other ideas, thoughts and top tips of things to do or avoid. They can add these using the blank cards.

Slides 1 & 2.

We shouldn't forget friends can:

- Have other friends and spend time with others
- Have different interests to you

- Disagree with you
- Choose to tell you less about their life, even if you want to tell them everything about yours
- Make mistakes
- Say no
- Make different choices and have different opinions/ideas from you
- Change. We don't have to stay friends with the same people forever — we change and other people change.

Slide 3

We shouldn't forget friends cannot:

- Be expected to keep everything about your life confidential; sometimes if they are worried about you they should talk to a trusted adult – that is a sign of a good friend
- Replace the support of trusted adults like parents
- Meet all your expectations all of the time
- Always respond to your messages straight away
- Fix all your problems

The point: To help the group distinguish between the characteristics of healthy and unhealthy relationships.

Bible Study

Watch this video on what the Bible says about friendships - ask them to note down any Bible verses or things which come up in the video that they agree/disagree with, or want to discuss further.

<https://youtu.be/sx5PdDYsMvM?si=L8hJ486jNiGZeWBH>

Ask: if they can think of any examples of friendships in the Bible.

A very well known biblical friendship is between David and Jonathan. Watch the video below for a very brief overview of their relationship.

youtube.com/watch?v=wDDvDFFNbUU&ab_channel=CrossroadsKids%

Ask: what do they think it means for Jonathan to love David like he loved himself?

Read 1 Samuel 19:1-6.

Ask: How this reflects the passage about Jonathan's love for his friend? (that he was willing to defend David, and use his position as the King's son to stand up for him - it wasn't just words).

Ask: What we can learn from the friendship?

David went on to become king, and his life was documented in the Bible - his mistakes as well as his accomplishments. The Bible doesn't just show us perfect people - or relationships - but helps us see that through the tough times as well as the good times, God wants us to treat others as we would like to be treated. This applies in friendships as well as all our relationships.

The point: to explore what the Bible says about friendships, and to look at an example of Jonathan and David.

Experts Film

This is a film by experts in the area of relationships and they are talking about why healthy relationships can help with our happiness.

10:10 Experts Film Session 6 - Relationships

Ask them if anyone has any questions they would like to ask?

Question Cards

Place Question Cards face down on a table. Anyone can choose any card and pose the question to the group or answer it themselves.

Some questions may benefit from some supplementary exploration like why, why not, how and in what way etc.

Questions

1. What are the qualities of a good friend?
2. Is it possible that some friendships may not be good for us? Why or why not?
3. If you are in a bad mood would you rather be left alone or cheered up?
4. What are the habits that annoy you the most in other people?
5. What do friends and family fall out over?
6. Should we change who we are to fit in? What might we do?
7. Is conflict or disagreement in a relationship always a bad thing?
8. What are some of your top tips for strengthening an existing relationship?
9. What advice would you give to someone who is in an unhealthy relationship?
10. What are some good ways to resolve conflict?
11. What can we learn from older generations?
12. How easy is it to stand up to your friends and say "no" when they want to do something you feel uncomfortable with?
13. What advice would you give to someone who feels lonely?
14. What do you do when others let you down?

15. Who are the most important people in your life? Why?

16. Why do you think people care how many followers they have on social media?

The point: For the group to explore and discuss their own thoughts and insights around the theme of healthy relationships.

TAKEAWAY

Noughts and Crosses paper

Puzzle Shapes

Building Relationship Cards

Coloured spots

Question Cards

Slides printed

Tablet

EXTRA INFORMATION